

Prevention Partners Holiday Stress Management

On Monday, November 5, 2007, Prevention Partners will offer a FREE workshop on Holiday Stress Management. The workshop will be held in the morning from **10:30am – 11:30am at the SC Department of Consumer Affairs, third floor conference room.**

This seminar will address key components needed to understand what your stressors may be, and how to successfully cope. This is a fun workshop where you will learn lifetime skills to manage stress.

Monday, November 5, 2007

**SC Department of Consumer Affairs
3600 Forest Drive
Third Floor Conference Room
Columbia, SC 29250-5757**

**Holiday Stress Management
Monday, November 5, 2007**

REGISTRATION FORM – PLEASE PRINT
Deadline to register is November 1, 2007

Name: _____ **Telephone Number:** _____

Mailing Address: _____

City: _____ **State:** SC **Zip Code:** _____

E-Mail Address: _____

(Confirmation letters will be sent via e-mail)

Please Mail Registration Forms to:

Prevention Partners
1201 Main Street, Suite 830
Columbia, SC 29201

Or Fax to: 803-737-0557